

# Cat Back



Figure A

Figure B

- From the hands and knees position, slowly rock your pelvis backward as if you were assuming the abdominal brace position (figure A).
- Now slowly rock your pelvis forward as if you were sticking your rear end out (figure B).
- Be sure to keep the movements slow and controlled.
- Explore the entire range of movements in both directions.
- If you are currently in pain, identify those points in the range of motion in which the pain is decreased or eliminated.
- Stay within this non-painful range of motion on each repetition.

Perform 20 repetitions for 1 set twice a day

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